

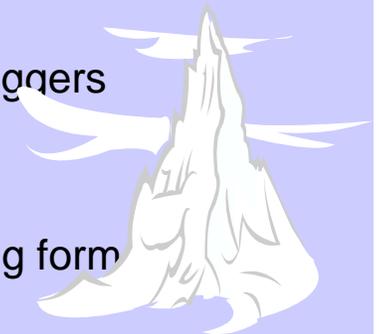
AUTUMN IS ALMOST HERE!

New Session begins September 26, 2006 Join P.E.A.K. Weight Management Program A Solution That Really Works

Program Facilitated by: Bunny Foxhoven, Registered Dietitian



- Improve eating habits and knowledge
- Develop a plan to get active and feel better
- Understand psychological and emotional eating triggers
- Receive shopping tips that save time and money
- Learn new recipes and ideas for meal planning
- Improve personal awareness with a simple tracking form
- Gain self confidence and self esteem



Losing as little as 10% of your weight reduces your risk of heart disease, diabetes, obesity, and arthritis; it can also boost your immune system.



Call 866-2213 for more information.
More details and registration information on reverse.



P.E.A.K. Weight Management Program

offered by *HEALTHBREAK Incorporated.*

Program Description: P.E.A.K. is an 8-week weight management program designed to help you “jump start” your weight loss efforts. During this class you will learn about healthy and safe weight loss through proper nutrition and physical activity.

Program Facilitator: An experienced registered dietitian will be teaching all classes and providing individual, private consultations to participants.

Program Dates: Tuesdays, September 26, 2006 –November 21, 2006

Class Times: 11:00 am -12:00 pm

Location: 1525 Sherman Street, Conference Room B75

Cost: \$10 per week

You will receive:

- **Eight, 60-minute group education and support sessions**
- **One individual 30-minute consultation per participant at the beginning of the program**
- **One individual 30-minute consultation per participant at the end of the program**
- **A record keeping journal**
- **Optional weekly weigh-ins before each class**
- **Reduced rate to the Fitness Center during the 8-week program**

Registration Form

Please register me for:

P.E.A.K. Weight Management Program - \$80.00



Name

Address

Phone

Email

Submit registration form and payment (make checks payable to HEALTHBREAK) no later than September 18, 2006. If you have any questions, please call 303-866-2213 or email statewellness@healthbreakinc.com.